

Aquatics

Preschool Classes

Floater 1

Floater 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front and back.

Ages: 4-6

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19141 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$72/\$90 |
| 19142 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$72/\$90 |
| 19143 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$72/\$90 |
| 19144 | M-Th | Jun 19-Jun 29 | 4:20pm-4:55pm | \$72/\$90 |
| 19145 | Su | Jun 25-Aug 13 | 9am-9:40am | \$72/\$90 |
| 19146 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$72/\$90 |
| 19147 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$72/\$90 |
| 19148 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$72/\$90 |
| 19149 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$72/\$90 |
| 19150 | M-F | Jul 3-Jul 13 | 4:20pm-4:55pm | \$72/\$90 |
| 19151 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$72/\$90 |
| 19152 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$72/\$90 |
| 19153 | M-Th | Jul 17-Jul 27 | 4:20pm-4:55pm | \$72/\$90 |
| 19154 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$72/\$90 |
| 19155 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$72/\$90 |
| 19156 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$72/\$90 |
| 19157 | M-Th | Jul 31-Aug 10 | 4:20pm-4:55pm | \$72/\$90 |

Location: North Pool

Floater 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

Ages: 4-6

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19161 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$72/\$90 |
| 19162 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$72/\$90 |
| 19163 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$72/\$90 |
| 19164 | M-Th | Jun 19-Jun 29 | 4:20pm-4:55pm | \$72/\$90 |
| 19165 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$72/\$90 |
| 19166 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$72/\$90 |
| 19167 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$72/\$90 |
| 19168 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$72/\$90 |
| 19169 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$72/\$90 |
| 19170 | M-F | Jul 3-Jul 13 | 4:20pm-4:55pm | \$72/\$90 |
| 19171 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$72/\$90 |
| 19172 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$72/\$90 |
| 19173 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$72/\$90 |
| 19174 | M-Th | Jul 17-Jul 27 | 4:20pm-4:55pm | \$72/\$90 |
| 19175 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$72/\$90 |
| 19176 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$72/\$90 |
| 19177 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$72/\$90 |
| 19178 | M-Th | Jul 31-Aug 10 | 4:20pm-4:55pm | \$72/\$90 |

Location: North Pool

Strokers 1

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Ages: 4-6

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19195 | M-Th | Jun 19-Jun 29 | 4:20pm-4:55pm | \$72/\$90 |
| 19196 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$72/\$90 |
| 19203 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$72/\$90 |
| 19197 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$72/\$90 |
| 19198 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$72/\$90 |
| 19199 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$72/\$90 |
| 19200 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$72/\$90 |
| 19201 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$72/\$90 |
| 19202 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$72/\$90 |

Location: North Pool

Strokers 2

Children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. Children will work on perfecting front/back crawl, and treading water. Students will be introduced to elementary backstroke and breaststroke.

Ages: 4-6

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19204 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$72/\$90 |
| 19209 | Su | Jun 25-Aug 13 | 9am-9:40am | \$72/\$90 |
| 19210 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$72/\$90 |
| 19205 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$72/\$90 |
| 19206 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$72/\$90 |
| 19207 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$72/\$90 |
| 19208 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$72/\$90 |

Location: North Pool

Children's Swim Classes

Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to take this class.

Ages: 7+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-----|---------------|-----------------|------------|
| 19214 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 |
| 19215 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |

Location: South Pool

Aquatics

Youth 1

Water adjustment is the focus in this class! Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards. Children, when ready, will work on skills taught in Youth 2!

Ages: 6+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19220 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
| 19221 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$64/\$80 |
| 19230 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 |
| 19231 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$64/\$80 |
| 19232 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 |
| 19222 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
| 19223 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19224 | M-F | Jul 3-Jul 13 | 3:40pm-4:15pm | \$64/\$80 |
| 19225 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19226 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19227 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$64/\$80 |
| 19228 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19229 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$64/\$80 |

Location: North Pool

Youth 2

Children who can submerge for 5-10 seconds, swim 5 yards and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

Ages: 6+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19233 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 |
| 19234 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
| 19235 | M-Th | Jun 19-Jun 29 | 3pm-3:35pm | \$64/\$80 |
| 19236 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 |
| 19237 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |
| 19247 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 |
| 19238 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
| 19239 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19240 | M-F | Jul 3-Jul 13 | 3pm-3:35pm | \$64/\$80 |
| 19241 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19242 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19243 | M-Th | Jul 17-Jul 27 | 3pm-3:35pm | \$64/\$80 |
| 19244 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19245 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$64/\$80 |
| 19246 | M-Th | Jul 31-Aug 10 | 3pm-3:35pm | \$64/\$80 |

Location: North Pool

Youth 3

Children who can swim a combined stroke for ten yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

Ages: 7+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|------------|------------|
| 19248 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 |

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|-------|------|---------------|-----------------|-----------|
| 19249 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
| 19250 | M-Th | Jun 19-Jun 29 | 3pm-3:35pm | \$64/\$80 |
| 19251 | M-Th | Jun 19-Jun 29 | 4:20pm-4:55pm | \$64/\$80 |
| 19252 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 |
| 19253 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |
| 19265 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$64/\$80 |
| 19254 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
| 19255 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19256 | M-F | Jul 3-Jul 13 | 3pm-3:35pm | \$64/\$80 |
| 19257 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19258 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19259 | M-Th | Jul 17-Jul 27 | 3pm-3:35pm | \$64/\$80 |
| 19260 | M-Th | Jul 17-Jul 27 | 4:20pm-4:55pm | \$64/\$80 |
| 19261 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19262 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$64/\$80 |
| 19263 | M-Th | Jul 31-Aug 10 | 3pm-3:35pm | \$64/\$80 |

Location: North Pool

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms.

Ages: 7+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19266 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 |
| 19267 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
| 19268 | M-Th | Jun 19-Jun 29 | 3:40pm-4:15pm | \$64/\$80 |
| 19269 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 |
| 19270 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 |
| 19281 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$64/\$80 |
| 19282 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 |
| 19271 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
| 19272 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19273 | M-F | Jul 3-Jul 13 | 3pm-3:35pm | \$64/\$80 |
| 19274 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19275 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19276 | M-Th | Jul 17-Jul 27 | 3:40pm-4:15pm | \$64/\$80 |
| 19277 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19278 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$64/\$80 |
| 19279 | M-Th | Jul 31-Aug 10 | 3pm-3:35pm | \$64/\$80 |
| 19280 | M-Th | Jul 31-Aug 10 | 3:40pm-4:15pm | \$64/\$80 |

Location: North Pool

Youth 5

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Ages: 7+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19283 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 |
| 19284 | M-Th | Jun 19-Jun 29 | 3pm-3:35pm | \$64/\$80 |
| 19285 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 |
| 19292 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |
| 19293 | Su | Jun 25-Aug 13 | 11:15am-11:55am | \$64/\$80 |

Aquatics

Rockville Municipal Swim Center

The Swim Center, located at 355 Martins Lane, has two indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirlpool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee. For information call 240-314-8750.

M= Member

NM= Non Member

You will only receive the discounted rate if your membership is up to date.

Registration Procedures

Starting at 8:30 a.m.

Residents & Members:

Tuesday, May 23

Non-Residents & Non-Members:

Thursday, June 1

Registration Deadline:

2 weeks prior to start date.

Note: No classes July 4.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.

Mail to:

or

Fax to:

Swimming Lessons

Swimming Lessons

Rockville Municipal Swim Center

240-314-8759

355 Martins Lane

Rockville, MD 20850

Adult/Child Classes:

An adult MUST accompany EACH child into the water for each Adult/Child class and a signed doctors permission slip is required at the first class. Non toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the Swim Center.

We Love Parents But...In order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Adult/Child Swim

Bubblers 1 - Adult/Child

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 6-18 months

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|---------------|------------|
| 19125 | Tu & Th | Jun 20-Jul 13 | 10:30am-11am | \$60/\$75 |
| 19126 | F | Jun 23-Aug 11 | 10am-10:30am | \$68/\$85 |
| 19127 | Su | Jun 25-Aug 13 | 9:15am-9:45am | \$68/\$85 |
| 19128 | Tu & Th | Jul 18-Aug 10 | 10:30am-11am | \$68/\$85 |

Location: North Pool

Bubblers 2 - Adult/Child

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult MUST accompany EACH child into the water and a signed doctors permission slip is required at the first class. Non toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

Ages: 18-36 months

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|-----------------|------------|
| 19129 | M & W | Jun 19-Jul 12 | 3pm-3:30pm | \$68/\$85 |
| 19130 | Tu & Th | Jun 20-Jul 13 | 9:30am-10am | \$60/\$75 |
| 19132 | Su | Jun 25-Aug 13 | 10:25am-10:55am | \$68/\$85 |
| 19134 | M-Th | Jul 17-Jul 27 | 4:30pm-5pm | \$68/\$85 |

Location: North Pool

Bobbers 1 - Adult/Child

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking.

Ages: 3-5

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|---------------|------------|
| 19112 | Tu & Th | Jun 20-Jul 13 | 10am-10:30am | \$60/\$75 |
| 19113 | Tu & Th | Jun 20-Jul 13 | 3pm-3:30pm | \$60/\$75 |
| 19121 | Su | Jun 25-Aug 13 | 8:40am-9:10am | \$68/\$85 |
| 19116 | M-F | Jul 3-Jul 13 | 4pm-4:30pm | \$68/\$85 |
| 19118 | M & W | Jul 17-Aug 9 | 3pm-3:30pm | \$68/\$85 |
| 19117 | M-Th | Jul 17-Jul 27 | 4pm-4:30pm | \$68/\$85 |
| 19119 | Tu & Th | Jul 18-Aug 10 | 10am-10:30am | \$68/\$85 |
| 19120 | Tu & Th | Jul 18-Aug 10 | 3pm-3:30pm | \$68/\$85 |

Location: North Pool

Bobbers 2 - Adult/Child

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well.

Ages: 3-5

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-----|---------------|----------------|------------|
| 19122 | Su | Jun 25-Aug 13 | 9:50am-10:10am | \$68/\$85 |
| 19124 | M-F | Jul 3-Jul 13 | 4:30pm-5pm | \$68/\$85 |

Location: North Pool

Aquatics

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|-------|------|---------------|---------------|-----------|
| 19286 | M-F | Jul 3-Jul 13 | 9am-9:40am | \$64/\$80 |
| 19287 | M-F | Jul 3-Jul 13 | 4:20pm-4:55pm | \$64/\$80 |
| 19288 | M-Th | Jul 17-Jul 27 | 9am-9:40am | \$64/\$80 |
| 19289 | M-Th | Jul 17-Jul 27 | 3pm-3:35pm | \$64/\$80 |
| 19290 | M-Th | Jul 31-Aug 10 | 9am-9:40am | \$64/\$80 |
| 19291 | M-Th | Jul 31-Aug 10 | 4:20pm-4:55pm | \$64/\$80 |

Location: North Pool

Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Ages: 7+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19294 | M-Th | Jun 19-Jun 29 | 9:45am-10:25am | \$64/\$80 |
| 19295 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 |
| 19302 | Su | Jun 25-Aug 13 | 10:30am-11:10am | \$64/\$80 |
| 19303 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 |
| 19296 | M-F | Jul 3-Jul 13 | 9:45am-10:25am | \$64/\$80 |
| 19297 | M-F | Jul 3-Jul 13 | 4:20pm-4:55pm | \$64/\$80 |
| 19298 | M-Th | Jul 17-Jul 27 | 9:45am-10:25am | \$64/\$80 |
| 19299 | M-Th | Jul 17-Jul 27 | 4:20pm-4:55pm | \$64/\$80 |
| 19300 | M-Th | Jul 31-Aug 10 | 9:45am-10:25am | \$64/\$80 |
| 19301 | M-Th | Jul 31-Aug 10 | 4:20pm-4:55pm | \$64/\$80 |

Location: North Pool

Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers MUST have passed Youth 5 & 6 in order to take this class.

Ages: 7+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|------|---------------|-----------------|------------|
| 19304 | M-Th | Jun 19-Jun 29 | 9am-9:40am | \$64/\$80 |
| 19305 | Su | Jun 25-Aug 13 | 9am-9:40am | \$64/\$80 |
| 19306 | Su | Jun 25-Aug 13 | 9:45am-10:25am | \$64/\$80 |
| 19307 | Su | Jun 25-Aug 13 | 12 noon-12:40pm | \$64/\$80 |

Location: South Pool

Adult Swim

Adult Beginner 1

Adults will be introduced to the basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class. Note: Class on WED., MAY 3, starts at 8:15pm and ends at 9pm!

Ages: 14+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-------|---------------|---------------|------------|
| 19092 | M & W | Jun 19-Jul 12 | 7:35pm-8:20pm | \$64/\$80 |
| 19093 | M & W | Jul 17-Aug 9 | 7:35pm-8:20pm | \$64/\$80 |

Location: North Pool

Adult Beginner 2

This class is designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 is recommended prior to attending. Note: Class on WED., MAY 3, starts at 8:15pm and ends at 9pm!

Ages: 14+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|---------------|------------|
| 19094 | M & W | Jun 19-Jul 12 | 7:35pm-8:20pm | \$64/\$80 |
| 19096 | Tu & Th | Jun 20-Jul 13 | 7:50pm-8:35pm | \$56/\$70 |
| 19095 | M & W | Jul 17-Aug 9 | 7:35pm-8:20pm | \$64/\$80 |

Location: North Pool

Adult Beginner 3

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

Ages: 14+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|---------------|------------|
| 19097 | M & W | Jun 19-Jul 12 | 8:20pm-9:5pm | \$64/\$80 |
| 19099 | Tu & Th | Jun 20-Jul 13 | 7:50pm-8:35pm | \$56/\$70 |
| 19098 | M & W | Jul 17-Aug 9 | 8:20pm-9:5pm | \$64/\$80 |

Location: North Pool

Adult Stroke Correction

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke and sidestroke will be developed. Endurance and breathing are stressed. These sessions are not for beginners! Adult Beginner 3 is recommended prior to attending.

Ages: 14+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-------|---------------|--------------|------------|
| 19100 | M & W | Jun 19-Jul 12 | 8:20pm-9:5pm | \$64/\$80 |
| 19101 | M & W | Jul 17-Aug 9 | 8:20pm-9:5pm | \$64/\$80 |

Location: North Pool

Adult Water Fitness

Aqua Fitness

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

Ages: 15+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|---------------|------------|
| 19102 | M & W | Jun 19-Aug 9 | 8:30am-9:15am | \$64/\$80 |
| 19103 | M & W | Jun 19-Aug 9 | 9:15am-10am | \$64/\$80 |
| 19105 | Tu & Th | Jun 20-Aug 10 | 8:30am-9:15am | \$60/\$75 |
| 19106 | Tu & Th | Jun 20-Aug 10 | 9:15am-10am | \$60/\$75 |
| 19107 | F | Jun 23-Aug 11 | 8:30am-9:15am | \$32/\$40 |
| 19108 | F | Jun 23-Aug 11 | 9:15am-10am | \$32/\$40 |

Location: North Pool

Aquatics

Body Sculpting with Ai Chi

This is a low impact aerobics class that uses Ai Chi movements to sculpt your body and tone your muscles. It is in chest deep water and taught by a certified Ai Chi instructor.

Ages: 16+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|--------------|------------|
| 19309 | Tu & Th | Jun 20-Aug 10 | 7:5pm-7:50pm | \$60/\$75 |

Location: South Pool

Deep Water Workout

Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will work your legs and help tone your whole body. Music may or may not be used.

Ages: 18+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|--------------|------------|
| 19135 | M | Jun 19-Aug 7 | 9:15am-10am | \$32/\$40 |
| 19138 | Tu & Th | Jun 20-Aug 10 | 7:5pm-7:50pm | \$60/\$75 |
| 19136 | W | Jun 21-Aug 9 | 9:15am-10am | \$32/\$40 |
| 19137 | F | Jun 23-Aug 11 | 9:15am-10am | \$32/\$40 |

Location: South Pool

H2O Walking

This water fitness program involves walking in waist to chest deep using different steps and directions at varying speeds to achieve cardio-respiratory fitness. 30 minutes of water walking equals to 2 hours of land walking. Class is taught in deep and shallow water. Music may be used.

Ages: 15+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-----|---------------|-------------|------------|
| 19179 | M | Jun 19-Aug 7 | 9:15am-10am | \$32/\$40 |
| 19181 | W | Jun 21-Aug 9 | 9:15am-10am | \$32/\$40 |
| 19182 | F | Jun 23-Aug 11 | 9:15am-10am | \$32/\$40 |

Location: South Pool

Lunch Crunch Workout

Need a quick pick me up during the day? Take a break from hustle of the office or the hassles at home! This midday work out will focus on stretching, strengthening and toning muscles. Equipment and music may be used.

Ages: 16+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|--------------|------------|
| 19189 | Tu & Th | Jun 20-Aug 10 | 11am-11:45am | \$60/\$75 |

Location: Fitness Pool

Swim for Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll, but you must be able to swim 100 yards of crawl stroke without stopping. Swimming equipment (fins, hand paddles and pull buoys, etc.) is recommended. Next challenge for you may be the Masters!!

Ages: 14+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|---------------|------------|
| 19212 | Tu & Th | Jun 20-Aug 10 | 8:40pm-9:25pm | \$60/\$75 |

Location: North Pool

Twinges in Your Hinges

These classes are designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. The classes are geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

Ages: 15+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|----------------|------------|
| 19216 | M & W | Jun 19-Aug 9 | 9:15am-10:15am | \$80/\$100 |
| 19217 | Tu & Th | Jun 20-Aug 10 | 8:30am-9:30am | \$75/\$94 |

Location: North Pool

Senior Swim 60 Plus Swim Class

Maintain a younger you by taking our dynamic water exercise/swim class. Class is designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and the class is taught to music. Note: Senior residents pay passholder fee.

Ages: 55+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|------------|------------|
| 19091 | Tu & Th | Jun 20-Aug 10 | 2pm-2:45pm | \$30/\$37 |

Location: South Pool

Senior Adult Exercise Program Swim

Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay passholder fee.

Ages: 60+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|----------|---------------|------------|------------|
| 19191 | M, W & F | Jun 19-Aug 11 | 2pm-2:45pm | \$48/\$60 |

Location: South Pool

Senior Aquacize

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay passholder fee.

Ages: 60+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|----------|---------------|--------------|------------|
| 19192 | M, W & F | Jun 19-Aug 11 | 10am-10:40am | \$48/\$60 |

Location: North Pool

Aquatics

Senior Aquacize - Advanced

Same as Senior Aquacize only faster paced. Note: Senior residents pay passholder fee.

Ages: 60+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|----------|---------------|----------------|------------|
| 19193 | M, W & F | Jun 19-Aug 11 | 11:55am-1:55pm | \$48/\$60 |

Location: Fitness Pool

Special Swim

Aqua MS

Exercise class for individuals suffering from MS. Class is geared toward increasing flexibility, improving ambulating, coordinating fine motor skills and building endurance in a warm and friendly environment.

Ages: 15+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|----------------|------------|
| 19109 | Tu & Th | Jun 20-Aug 10 | 9:30am-10:30am | \$75/\$94 |

Location: North Pool

Aqua Pre and Post Natal Workout

This course designed with the needs of women who are currently pregnant or recently have delivered their child. This low-impact class will help keep you fit during and after your pregnancy. Check with your doctor before starting this class.

Ages: 18+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|-------|---------------|----------------|------------|
| 19110 | W & F | Jun 21-Aug 11 | 9:45am-10:30am | \$80/\$100 |

Location: Fitness Pool

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Class is tailored to individual needs.

Ages: 16+

| Course # | Day | Date | Time | Fee (M/NM) |
|----------|---------|---------------|--------------|------------|
| 19111 | Tu & Th | Jun 20-Aug 10 | 10am-10:40am | \$75/\$94 |

Location: North Pool



Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Lifeguard Pre-test

Participants must be 15 years old by course completion! Attendance to ALL classes is 100% MANDATORY...NO EXCEPTIONS! Participants must be able to swim 500 yards (100 breaststroke, 200 front crawl, 200 choice of breast or free), retrieve a 10 pound diving brick from 7-10 feet of water and MUST pass a pre-test to register for Lifeguard Training!

Ages: 15+

| Course # | Day | Date | Time | Fee |
|----------|-----|-------------|----------|------|
| 19186 | W | Jun 7-Jun 7 | 8pm-10pm | \$20 |

Location: South Pool

Lifeguard Training

Applicants must pass the pretest in order to participate in this course. This class includes first-aid and CPR-FPR. Note: Participant must be 15 years old by course completion. This is an American Red Cross class. Please call for class times. 240-314-8750

Ages: 15+

| Course # | Day | Date | Time | Fee |
|----------|-------|--------------|----------|-------|
| 19188 | Th-Su | Jun 8-Jun 11 | 5pm-10pm | \$130 |

Location: South Pool

NOW HIRING! Swim Instructors

We are currently accepting applications for Learn to Swim Instructors as well as Water Fitness Instructors! Experience is required for the Water Fitness Instructor position (land based experience is ok!) however we will train for the Learn to Swim Instructor positions! For more information please call Beth Fowler at 240-314-8754 or go to www.rockvillemd.gov for an application! E.O.E.